

> eDitorial work N°33 by L.Guidali N°33 ETOILE

(You can watch this recipe in video on eManation)

Let's go!



ACTION ONE (8 1) ( Design and Cooking) Mix all the necessary ingredients and cook:

**₹** Step 1 (3 ✓ ) (Page 8)

**\$\$\$ 2 (5 √ ) (Page 13)** 

**V**Finish (Page 17)

+8 √ Experience Points in cooking

#### explanation (For 16 small Panzerotti):

Put the cooking at medium temperature and in a relatively large pan pour 75ML olive oil.

In addition to 4 g of tomato paste (#Optional) and a clove of garlic (7 g).

Stir the sauce throughout the preparation.

Cut in half 8 cherry tomatoes and add 400g (425ML) tomato sauce and stir.

Add 4g of dried basil (or fresh basil), 4g of salt, 60ML of water.

Put the lid on your stove and wait between 30 to 1 hour.

Remember to stir from time to time while cooking.

- 1 Tablespoon = 15G 15ML (About)
- 1 Teaspoon = 5G 5ML (About)
- Tan be used for pizza, calzone ... etc

- You can use classic tomatoes, but the taste will be slightly different
- You can add a very low dose (3-4g) of sugar to reduce the acid taste of tomatoes (a bit like onions)
- ! Be careful that the sauce does not burn. However, remove or lift the lid as little as possible while cooking
- ! Remove the cloves of garlic after cooking
- Y Difficulty: 6 Very Easy (Level 1 3)
- **Skills:** Some little notions of cooking
- 🕴 Senses: 👀 Vision 👆 To Touch 🦀 Proprioception 📙 Smell 💯 Thermoception 👅 Taste
- <u>Intelligences</u>: Tkinesthetic Body Intelligence
  - 12 Intelligence Logic Mathematics
  - **Imagination**
- State of Mind: Pocus
  - **Patient**
  - Perfectionist
  - **Methodical**
  - **Organize**
- XTools (5) (1 #Optional):

Stove (Big Enough) Wooden Spoon Lid for the stove Cooking System Metering (Ingredients) #Optional <u>Ingredients 10 (1#Optional) ( Recipe)</u>: Sauce for 16 (Panzerotti) = 576 Calories (1 Panzerotti = 36 Calories) Olive Oil 🔍 75ML 🛑 450 Calories Salt Q4g ■0 Calories ─Water Q60ML —0 Calories Tomato Concentrate (#Optional) 4g —3 Calories ●A Clove of Garlic 🔍 7g 🛑 7 Calories ●8 Cherry Tomatoes 🔍 12g 🛑 18 Calories Tomato Sauce 425ML 72 Calories → Basil Q4g → 9 Calories 🌑 Oregano 🔍 4g 🛑 11 Calories Pepper 22 = 6 Calories

### ! Consider nutrient intake too and not essentially calorie intake



- How To Cook {6} Step by Step
- **\*\***Tomato Sauce for Panzerotti
- > Panzerotti Sauce World
- Sauce Galaxy
- ★Cooking Universe ( )
- **Type:** Cooking a Sauce ( **( Sauce)**
- Style: Panzerotti Sauce Tomato
- Language: MInternational ( description and steps in English, but comprehensible by the whole world)



- **†72** Steps
- 1 Actions
- **√**8 Experience Points
- \$\foots (1 #Optional)
- 10 Ingredients (1#Optional)
- ■576 Calories (About) 1 Panzerotti = ■36 Calories

Obsage (Weight) (About): 16 Panzerotti's = 560ML ( Liquid) - 37G ( Solid) 1 Panzerotti = 35ML ( )

2,3g ( / ) Weight of total ingredients used

\*\* How many people: 2-6 Persons (4 Medium) (Main meal)

Preparation Time: 5 Minutes Minimum - 15 Minutes

**Waiting Time: 0** 

Cooking Time: 30 Minutes - 1 Hour

Temperature Cooking: Average Temperature (at the beginning). Low Temperature (after).

§ 6 Senses

**1** Intelligences

5 State of Mind



Cook by Carmen

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Learn How To Cook Tomato Sauce for Panzerotti



Pontault Combault ( France)

- III Italian Food
- **Sweden Music**



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**Duration:** 35 Minutes Minimum ~ 1,15 Hour

1 The duration depends on the performance and tools used by the author.

That is why this is indicated from the minimum to the maximum.

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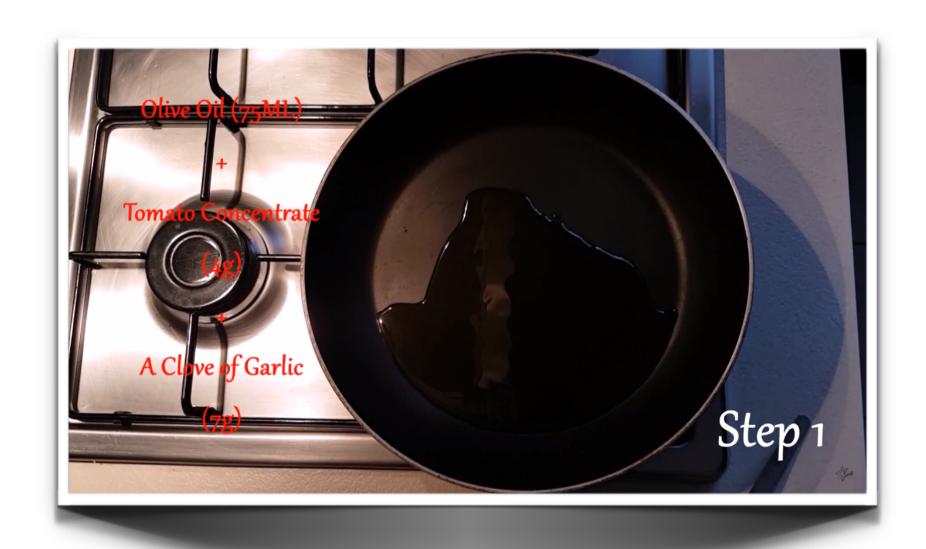


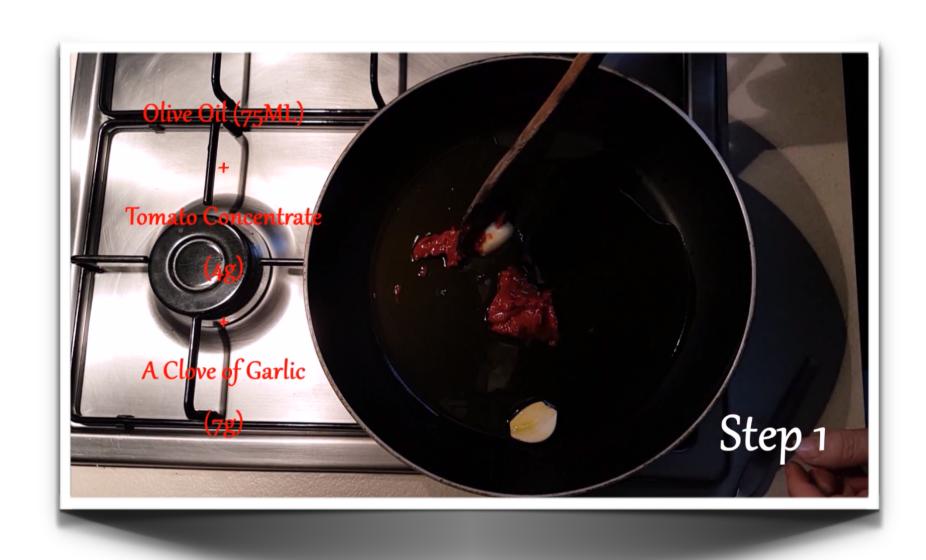
### **ACTION ONE**

(8 1) ( Design and Cooking) Mix all the necessary ingredients and cook:

**₹**\$Step 1 (3√)











# **∜**\$Step 2 (5√)











## +8 √ Experience Points in cooking



